

===== RONALD REAGAN AND STARWARS =====



SECNAV
VISITS REAGAN



AFRICAN AMERICAN HISTORY PROFILE
HOW ONE REAGAN SAILOR ROSE ABOVE **ADVERSITY** TO
BECOME A POSITIVE FORCE IN AMERICA'S NAVY

A01 GUILLEM
GETTING STRONG
ON AND OFF THE SHIP

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FEBRUARY 15 2013

TEAM REAGAN,
**PRINCIPLE OF NAVAL LEADERSHIP #2:
BE TECHNICALLY AND TACTICALLY PROFICIENT.**

Year 1185: A Samurai nobleman transiting the street felt himself in a generous mood. He turned to a lowly peasant who had crossed his path and obliged him a smile and gentle nod of his head. The peasant, who struggled while carrying three loads of water, did not see this moment of kindness, and as such, continued on his way with no return salutation. The samurai was enraged! A gesture of acknowledgment from an aristocrat to a person of such lowly stature was a gift; to not show graciousness in return was the epitome of insults. The samurai shoved the peasant to the ground and demanded he return the following day to face him in battle.

The peasant spent that night in great fear, for a follower of the sword he was not. How was he to survive such an encounter when he knew not the way of the warrior? His weapon had been the teapot, for he earned his wages through *chanoyu*, “the way of the tea”. For hours he pondered what was surely to be his death.

The next morning, the samurai shouted out across the streets for the cowardly peasant. He arrived, resigned to his fate. And, while the samurai unsheathed his sword, the peasant unsheathed his kit of tea. Slowly, he set the table in the street. **Slowly**, he unwrapped and arranged the teacups. **SLOWLY**, he poured an even and ever-so-delicate stream of honeydew tea in the flowing patterns of *otemae*, “the practiced and artful performance of the millennia old tea ceremony”. He lowered his head, awaiting the strike.

The samurai stood still, frozen in his step, as tears began to form in his eyes. He put away his sword and bowed down to the peasant—who himself was frozen in shock and awe. The warrior then said softly, “You have performed the *otemae* flawlessly, with a confidence and skill I have never before witnessed with mine eyes. If you were samurai, you would surely wield a sword with similar perfection and it would be I meeting lady death this day.” The samurai turned and left.

-Budoshoshinshu: The Warrior’s Primer of Daidoji Yuzan

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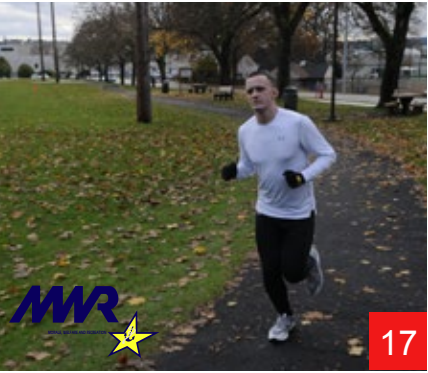
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ATTENTION: Inside this magazine is a chance to **win \$25** for anything MWR has to offer! The first person to find the  **logo** within our magazine and report down to the media shop on the ship wins the prize! Better hurry, only **one person can win per issue!**

FEATURES



A man with a focused expression is lifting a barbell in a gym. He is wearing a grey tank top, a black lifting belt, and white wrist wraps. He has tattoos on his chest and left shoulder. The gym has large windows in the background with the word "power" written in gold. A white machine frame with "NEBULA FITNESS EQUIPMENT" and the number "182" is visible on the left.

HEAVY LIFTING

RONALD REAGAN SAILOR USES COMPETITION TO STAY

FIT AND FOCUSED

Story by MCSN Jacob Estes Photos by MC2 Timothy Black

Sea duty can be a tough adventure. It's a life full of long hours, hard work and being away from your loved ones – all things that can be mentally and physically challenging. Managing stress is a task all its own. For Aviation Ordnanceman 1st Class Giovanni Guillem, harnessing that stress and pressure has led to success both on and off the ship.

For five years, Guillem has been translating stress into success; competing in body building competitions up and down the West Coast.

"Once I learned how to utilize the energy I felt from stress, I then had the motivation and energy to engage in my daily workout," said Guillem. "I've learned that the frustrations I felt at work could help me zone out and excel inside the gym."

His love of fitness began when he joined the Navy 10 years ago, but it began unsuccessfully. He would work hard on repetitive exercises training the same muscle groups. After years of blind work and no real improvement, he decided to make a change.

Guillem
beasting some
shrugs at the
base gym.



Spotting his
lifting partner
as he puts up
255lbs on the
bench press



Curling
with
intensity



Machine
Leg
Raises



"It wasn't until I met with a serious body builder, 'Big' Israel Briseno, that I started to see improvement" said Guillem. "He opened my eyes by teaching me about the hard work not just in the gym, but outside of it as well."

By practicing healthy life habits, Guillem began seeing changes. He disciplined his diet, ate on a schedule and made sure he got maximum sleep for promoting muscle growth. These habits combined with harnessing the stress of a day on the ship were a recipe for success.

"Working out always brings a calming sensation over my body and mind, and makes me feel great," said Guillem. "Thankfully I was able to slowly watch as my body changed and my size went up."

Guillem added 57 pounds of muscle mass in five years, growing from 127 pounds to 184 pounds, and has placed in the top 10 in three bodybuilding competitions.

"I'm in the best shape of my life," said Guillem. "But it wasn't easy getting here. It has taken me a lot of time, effort, and dedication."

It hasn't just been a one way endeavor for Guillem. The success in the gym has given back to him on the job as well.

"Working out helps me push myself in nearly every aspect of work as well," said Guillem. "Just like in the gym, I set my goals high in the workplace, and when I obtain those goals, I create new, higher goals."

The competitive nature that he has built through his body building competitions has crossed over into his life as a Sailor as well. It fuels him to push harder to ultimately obtain his goals.

"I'm always striving to be the best. In the gym I can look around and assess myself based on my competition. The same goes for the workplace," he said. "I compare myself to those around me; asking myself, 'what can I do to separate myself from peers, how can I stand out to be the best?'"

Working out has also helped Guillem see himself in a more positive light. In a working environment where Sailors can often be less than positive, Guillem says confidence can play an important role in how efficient a Sailor can be.

"I see it all the time," said Guillem. "Sailors come in the gym out of shape, but start coming more frequently. As their body changes, often does their confidence as well. They begin to be more social and just seem much happier."

Guillem has struck a healthy balance of fitness routine, diet, rest and stress relief to meet his bodybuilding goals. By practicing all of these disciplines as part of his routine, he's found himself to be a healthy person and a fit Sailor.

"When you look good, you feel good, and when you feel good you're a more efficient Sailor," said Guillem. "Satisfaction is a great thing."

"Just like in the gym, I set my goals high in the workplace, and when I obtain those goals, I create new, higher goals."

WHITE HAT

THE MALE DRESS COVER SHOULD SIT TWO FINGER WIDTHS ABOVE THE NOSE BRIDGE

UNDERSHIRT

WHITE TSHIRT SHOULD BE CLEAN AND FLAT

NECKERCHIEF

NECKERCHIEF KNOT SHOULD SIT AT THE BOTTOM OF THE BLUE JUMPER "U"

AWARDS

RIBBONS SHOULD SIT A QUARTER INCH ABOVE THE JUMPER BREAST POCKET

JUMPER

NO MORE THAN TWO TROUSER BUTTONS SHOULD BE EXPOSED BELOW THE JUMPER

PIPING

DRESS UNIFORM PIPING SHOULD BE CLEAN AND FREE OF ANY STAINS

TROUSERS

HEM OF TROUSERS SHOULD TOUCH THE SOLE ON THE BACK OF THE DRESS SHOE

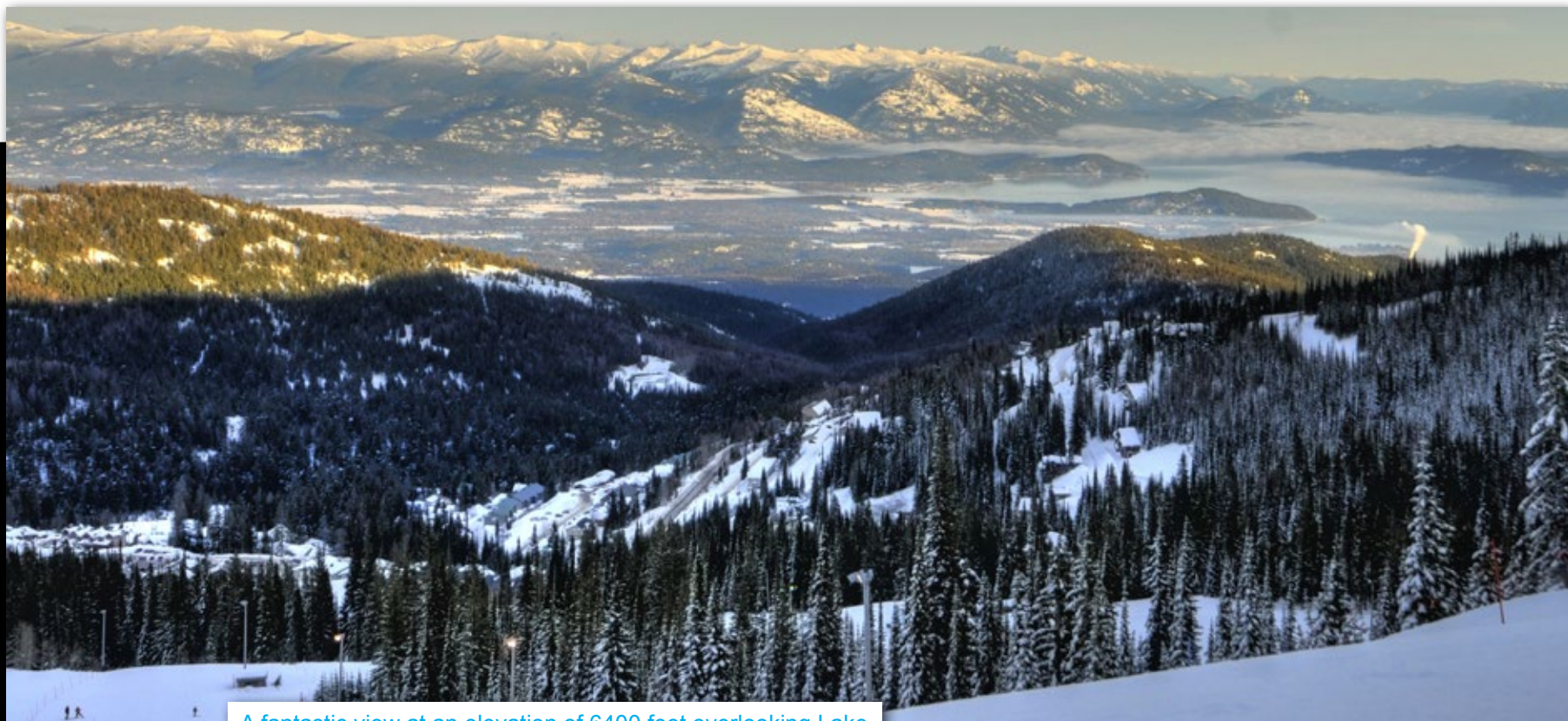


LOOKING SHARP

KEEPING YOUR BLUES IN REGS

Schweitzer Ski Trip with MWR

Story and photos by
MC3 Joshua Warne



A fantastic view at an elevation of 6400 feet overlooking Lake Pend Oreille, Bitterroot and Cabinet mountain ranges.

A dozen Ronald Reagan Sailors and their families hit the slopes at Switzer Ski Resort in Idaho on a Morale, Welfare and Recreation (MWR) sponsored ski trip February 1-3.

The trip, a bargain at only \$120 per person, included resort tickets, lodging, ski lift tickets and gear rental.

The outing started that Friday with a nine-hour drive to the resort, allowing for plenty of time for the excitement of the weekend to build up.

“That drive was three things: insanely long, fun and scenic,” said Aviation Boatwain Mate (Handling) 3rd Class Alex Martin. “The whole time I was full of anticipation. I couldn’t wait to get there.”

The next morning the group headed right for the ski resort where they were greeted with a phenomenal view

of the surrounding mountain ranges and snow-covered trees.

“This is intense – that was my first thought when I got off the bus,” said Aviation Ordnanceman Airman Devin Garner. “The view was epic; I couldn’t wait to get out there and show my skills.”

The ski resort had slopes for all skill levels, ranging from the beginner “Bunny Slope” run to the pro-level “Black Diamond”.

“Once I got to the top of the ski lift, I remember thinking to myself, I will never forget this day,” said Garner. Looking back on the day, he added “After I went side-first into that tree on my first run I KNEW I would never forget it.”

In addition to snowboarding and skiing, the resort offered a variety of activities on site, including snowmobiling,

“Once I got to the top of the ski lift, I remember thinking to myself, I will never forget this day.”

HISTORY OF THE RESORT

1963

The resort proudly opened as Schweitzer Basin, with a day lodge at 4700 feet (1432 m) and a mile long (1.6 km) double chairlift, which provided 1700 feet (518 m) of vertical drop.

1973

The road to the resort was paved in and Chairlift #7 was added in the summer of 1974 to add capacity to the front side and eliminate the uphill trek to Chair #1.

1986

Summer chairlift rides were introduced, and in 1988 the ski area was renamed Schweitzer Mountain Resort, and it began offering hiking trains and mountain bike rentals.

1998

Harbor Properties purchased Schweitzer Mountain Resort from U.S. Bank for the sum of \$18 million.

playing games at a pool hall, enjoying a day at the spa or dining at one of their restaurants.

“Those were the best mountains I’ve ever had the pleasure of destroying,” added Martin. “I’m almost positive it doesn’t get any better than Switzer.”

MWR offers a variety of events for Sailors and their families to attend and will be planning more of them in the future.

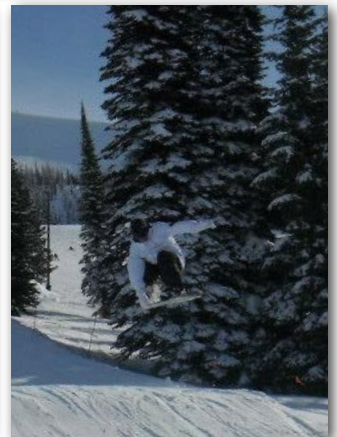
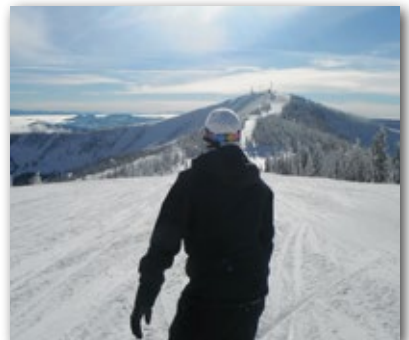
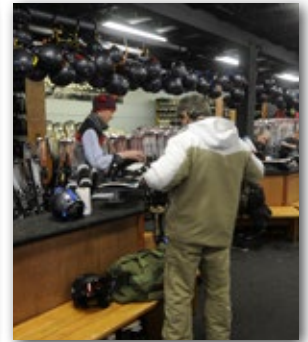
“I enjoy giving the Sailors an opportunity to experience events like this at a discounted price,” said Emily Randell, Ronald Reagan’s Fun Boss and the trip coordinator. “I encourage every Sailor to take advantage of MWR and attend any trips that they’re interested in.”

Resort Key

- Easy
- Medium
- Hard
- Lifts

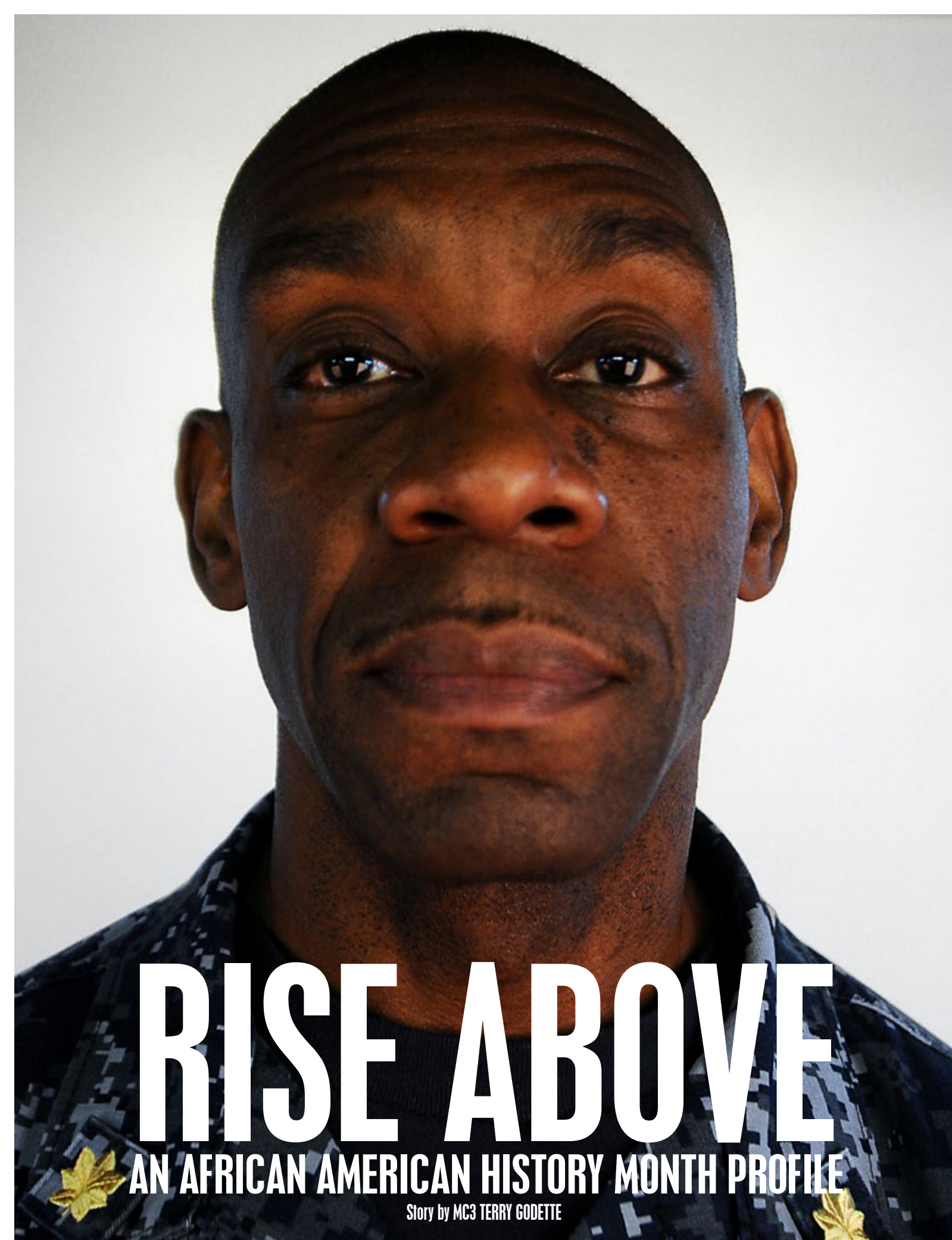


A TRIP TO REMEMBER



Interesting Story

The peak known as “Schweitzer Mountain” was named after an old Swiss hermit who lived at the bottom of the basin (Schweizer is German for “Swiss”). He had been in the Swiss military, and, as part of a crime investigation, his house was searched. It yielded the bodies of numerous local cats that had gone missing. According to local legend, the man enjoyed cat stew; as a result, Mr. Schweitzer was soon hauled off to the asylum and forgotten. His name still remains.



Hanna mentoring one of his Sailors



It was the 1960's in America. The Vietnam War was in full swing and race tensions were high across the U.S. In the south, a young boy by the name of Raymond K. Hanna, who would one day become the USS Ronald Reagan Aviation Intermediate Maintenance Department's (AIMD) Maintenance Material Control Officer as a Lt. Cmdr., was growing up surrounded by a loving family and a modest living.

"We didn't have much but we made the best of what we had," said Hanna. "We lived across the street from an elementary school so my cousins and I spent a lot of our time playing football and basketball at the school."

Hanna was born July 12, 1965, in Newark, N.J. He moved to Winston-Salem, N.C., when he was three where he was raised by his grandparents. As a teenager, Hanna encountered the same problem a lot of African Americans were dealing with – racism. He attended a predominantly white school and had to deal with racial stereotypes. He would find profanity spray painted on his locker or listen to other kids tell him he was poor because he was black; even though they all lived in the same neighborhood.

"While playing basketball at the park, my cousin and I were approached by six white kids with chains in their hands asking why we were in their neighborhood and that the park only belonged to white people," said Hanna. "Luckily, two men came over and broke the confrontation up."

He spent much of his time playing on school sports teams. Using them as an escape, Hanna said sports helped alleviate some of the tensions of the time.

"Regardless of color, all the players on the team want to win," said Hanna. "Practicing and playing together allowed the black and white kids to get to know each other and eliminate some of each other's stereotypes. Being a 5'9", 210 pound linebacker didn't hurt either."

Hanna decided to join the Navy after attending a few air

shows with his girlfriend, whose father was an airplane mechanic. Hanna also wanted to get an education and work on aircraft.

He joined the Navy in 1983, a time when the Navy was much different than it is now. Beards were authorized, and there weren't many African Americans among the senior enlisted or officer ranks. Hanna said things like education and fitness weren't big priorities for the Navy at that time either.

"They were not pushed as hard as it is in today's Navy," said Hanna. "The opportunities for both were available, they just weren't encouraged either way."

At his first command, Hanna had key mentors take an interest in him. They showed him the ropes and things he could do to be a good Sailor and a good leader.

"They always talked to me about going to school and staying out of trouble," said Hanna. "They helped me get into Embry Riddle University which led to me getting my Federal Aviation Administration Airframes and Power Plants license as an Aviation Machinist's Mate 2nd class. They were great role models."

Hanna went on to continue his college and obtain a Bachelor's degree in Aviation Maintenance Management from Southern Illinois University before earning his commission as a Limited Duty Officer. He has also earned a Master of Liberal Arts degree in Organizational Leadership from the University of Oklahoma and is currently working on a doctorate in education degree from Brandman University.

Hanna understands what it's like to grow up under tough circumstances. For Sailors who come from a similar background, he wants them to understand that regardless of race or gender, the military allows all Sailors an opportunity to excel.

"No matter what your rank or job is, everyone plays an important role in the success of a command," he said. "Therefore, be the best at whatever you do."

"No matter what your rank or job is, everyone plays an important role in the success of a command."

RONALD REAGAN STAR WARS AND RUSSIA

STORY BY MCS OMAR POWELL

Thirty years ago the United States and Russia were both heavily involved in an international arms race. Tensions were high in America under fear of a nuclear attack. Both nations were anxiously watching each other strategically; each hoping the other would flinch first.

For years, both nations' defense strategies were built upon a Mutually Assured Destruction (MAD) concept – a national defense policy in which full-scale use of weapons of mass destruction by two opposing sides would result in complete annihilation of each nation and their defense assets.

President Ronald Reagan aimed to change that defense mentality by proposing the Strategic Defense Initiative (SDI). SDI came to life on March 23, 1983 as part of a bold announcement by Reagan to use ground and space-based systems to protect America from attacks by nuclear ballistic missiles – shooting them out of the sky from both land and space.

"Let us turn to the very strengths in technology that spawned our great industrial base and that have given us the quality of life we enjoy today," Reagan said in his address to the nation proposing the program.

The SDI outlined a strategy for developing



space-based missile defense systems that would be capable of eliminating any intercontinental ballistic missile threats to America.

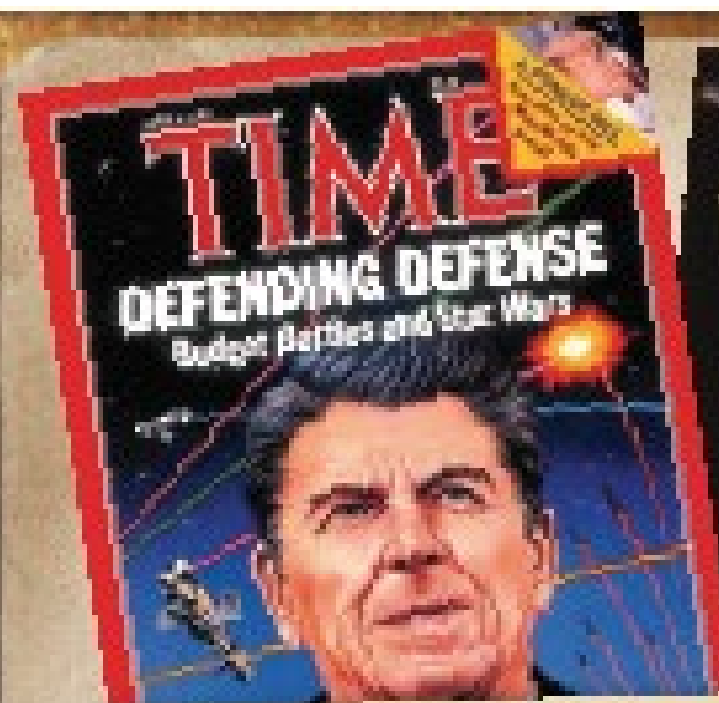
The initiative was met with skepticism by many, with the media calling it a "Star Wars" initiative, comparing the lofty ambitions of firing weapons from space to the popular George Lucas film. Some concepts for the initiative actually included using satellites to destroy objects with lasers.

Beyond the rhetoric and media spin was a tactical shift in defense thinking by Reagan. He was moving policy away from a MAD strategy to a more proactive, defense-based plan.

"What if free people could live secure in the knowledge that their security did not rest upon the threat of instant U.S. retaliation to deter a Soviet attack, that we could intercept and destroy strategic ballistic missiles before they reached our own soil or that of our allies," Reagan asked. "Isn't it worth every investment necessary to free the world from the threat of nuclear war? We know it is."

Reagan's SDI not only sent a message to the American people, but also to Russia. Reagan's initiative put the American people more at ease knowing the government is establishing a defense against nuclear attacks, even if they thought the government was over

"Isn't it worth every investment necessary to free the world from the threat of nuclear war? We know it is."



UN-WANTED PRESS

The media questioned Reagan's initiative, many ridiculing it as "Star Wars"

reaching their capabilities. It also showed Russia that America was ready for any attack and wouldn't back down. Russian president Mikhail Gorbachev demanded that America commit to never deploy the SDI, and Reagan refused.

"Everything was negotiable except two things: our freedom and our future," said Reagan. The Cold War ended just a few years later with the reconstruction of Russia.

"Reagan's vision of missile defense surely helped accelerate our victory in the Cold War," said former Vice President Richard Cheney. "There is still a great deal yet to accomplish in the field of missile defense, but we're a lot farther along than we would have been if Ronald Reagan hadn't set this effort in motion years ago."

Reagan's SDI was so forward thinking that people saw it as ridiculous. Our enemies were in fear of us accomplishing it, and our allies were hoping we could make it happen. Reagan saw an opportunity to harness the technical and tactical proficiency of a growing military to build the bold program.

In 1993, under President Bill Clinton, SDI was renamed the Ballistic Missile Defense Organization and, to this day, maintains some of the core concepts of Reagan's original plan.

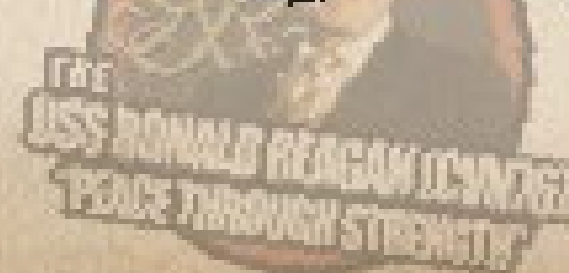


SDI was announced in March 1983 during a televised address to the nation.



THE HOMING OVERLAY EXPERIMENT

The Homing Overlay Experiment showed the ability to track and intercept incoming missiles.



Ronald Reagan Sailors Give Back to Kitsap County



Story by MC2 Timothy Black

Sailors doing a project such as this impact not only the community, but the Sailors themselves.

"I enjoy participating in COMSERVs, and this one in particular was rewarding," said Kibodeaux. "I feel like my efforts here will make a lasting impression on the Kitsap community even after we leave Bremerton."

The Sailors also used the community service project to build camaraderie with Kitsap County locals.

"Sailors tend to think what we do onboard doesn't mean anything, but civilians are so interested in what we do and they have so much respect for us," said Aviation Boatswain's Mate 1st Class Gary Allen. "It's recharging when we realize what we do is so important."

Ronald Reagan's First Class Association organized the event with Kitsap County, and capitalized on the opportunity to mentor their Sailors.

"Many of my junior Sailors participated with me and this experience helped us to get to know each other better, while strengthening our professional relationships," said Kibodeaux. "It's refreshing to spend time outside work as a work center or division and let everyone interact with each other without the pressure of work obligations."

As Reagan gets ready to shift homeports, Sailors are still finding time to help the local community in between all the qualifications and exams. Whether doing projects with the Humane Society, Special Olympics, or Kitsap County Parks and Recreation, Ronald Reagan Sailors are actively participating in the community.

Twenty-five Sailors from USS Ronald Reagan participated in a community service project (COMSERV) at The Salmon Viewing Park in Bremerton, Wash., Feb. 2.

The Sailors worked with Kitsap County Parks and Recreation to remove weeds, scotch broom and blackberry shrubs. The Sailors also built a compost pile over 30 feet high.

"We removed invasive plant species from the area to make room for the planting of native plants," said Aviation Maintenance Administrationman 1st Class Daniel Kibodeaux. "We made the land around Chico Creek more accessible to local citizens by creating new trails."

Sailors volunteered not only to give back to the local community, but to proudly represent their ship.

"Being actively involved in the community and the command is your way to do more for the ship," said Aviation Electronics Technician 1st Class Ryan Lester. "If you're just doing your job, working within your shop, you're behind the curve."

"I feel like my efforts here will make a lasting impression on the Kitsap community even after we leave Bremerton."

African American History in the United States Navy



Lieutenant Commander Wesley A. Brown, USN (1927-2012)

Wesley Anthony Brown was born in Maryland on 3 April 1927. He attended Dunbar High School in the District of Columbia, and was appointed to the Naval Academy as a Midshipman in 1945. Four years later, he graduated as a member of the Class of 1949, the first African-American to complete a Naval Academy education. Wesley A. Brown then entered the Civil Engineering Corps, rising to Lieutenant Commander before he retired from the Navy in July 1989.

Petty Officer Third Class Doris Miller, USN (1919-1943)

Doris ("Dorie") Miller was born in Waco, Texas, on 12 October 1919. He enlisted in the Navy in September 1939 as a Mess Attendant Third Class. On 7 December 1941, while serving aboard USS West Virginia (BB-48), he distinguished himself by courageous conduct and devotion to duty during the Japanese attack on Pearl Harbor. He was awarded the Navy Cross for his actions on this occasion. Doris Miller served aboard USS Indianapolis (CA-35) from December 1941 to May 1943. He was then assigned to the escort carrier Lamson Bay (CVE-56). Cook Third Class Miller was lost with that ship when she was torpedoed by a Japanese submarine on 24 November 1943, during the invasion of the Gilbert Islands.

Vice Admiral Samuel L. Gravely, Jr., USN (1922-2004)

Samuel Lee Gravely, Jr. was born in Richmond, Virginia, on 4 June 1922. After attending Virginia Union University, he enlisted in the Naval Reserve in September 1942. In December 1944, he became an Ensign. In 1945-46, Gravely served in USS PC-1264. He was released from active duty in April 1946, but remained in the Naval Reserve. Lieutenant (Junior Grade) Gravely was recalled to active duty in 1949. He had sea and shore duty during the next decade, including Korean War service, and transferred from the Naval Reserve to the regular Navy in 1955. His first seagoing command was USS Falgout (DER-324) in 1962. In July 1971, while serving as Commanding Officer of USS Jonett (DLG-29), Captain Gravely was promoted to Rear Admiral. He was the first African-American to achieve Flag Rank in the Navy.

Ensign Jesse LeRoy Brown, USN (1926-1950)

Jesse LeRoy Brown was born in Hattiesburg, Mississippi, on 12 October 1926. He enlisted in the Naval Reserve in 1946 and was appointed a Midshipman, USN, the following year. Brown became the first African-American to be trained by the Navy as an aviator. After attending pre-flight school and flight training, he was designated a Naval Aviator in October 1948. Midshipman Brown was then assigned to Fighter Squadron 32. He received his commission as Ensign in April 1949. During the Korean War, Brown also became the first African-American Naval Aviator to see combat when his squadron operated from USS Leyte (CV-32), flying F4U-4 Corsair fighters in support of United Nations forces. On 4 December 1950, while on a close air support mission near the Chosin Reservoir, Ensign Brown's plane was hit by enemy fire and crashed. Despite heroic efforts by other aviators, he could not be rescued and died in his aircraft. Ensign Jesse L. Brown was awarded the Distinguished Flying Cross for his Korean War combat service.

The "Golden Thirteen"

In February 1944, the Navy commissioned its first African-American officers. This long-hoped-for action represented a major step forward in the status of African-Americans in the Navy and in American society. The twelve commissioned officers, and a warrant officer who received his rank at the same time, came to be known as the "Golden Thirteen".

They are (bottom row, left to right): Ensign James E. Hare, USNR; Ensign Samuel E. Barnes, USNR; Ensign George C. Cooper, USNR; Ensign William S. White, USNR; Ensign Dennis D. Nelson, USNR; (middle row, left to right): Ensign Graham E. Martin, USNR; Warrant Officer Charles R. Lear, USNR; Ensign Phillip G. Barnes, USNR; Ensign Reginald E. Goodwin, USNR; (top row, left to right): Ensign John W. Reagan, USNR; Ensign Jesse W. Arbor, USNR; Ensign Dalton L. Rugh, USNR; Ensign Frank E. Schlett, USNR.





★ THROUGH THE LENS ★



MWR

HAS ALL THE TICKETS YOU NEED

Aprils Events:

- | | |
|-----------------------------|------|
| 11. USS Ronald Reagan Night | \$30 |
| 12. LA Lakers game | \$50 |
| 21. LA Kings game | \$60 |



Ronald Reagan Night (Dodgers vs Padres)

A game to be remembered

Includes food and non-alcoholic drinks. USS Ronald Reagan involvement includes Captain Burke throwing out the first pitch and the ship's Color Guard performing Colors during The National Anthem. Buy a ticket by March 11 and be entered into a chance to meet the players and watch batting practice! **\$30**

Past Events



Sailors jump at what could be the last chance at a Winter MWR tubing trip.



\$7

Sick of paying \$12 for a movie ticket? Does paying the price of one ticket for two sound appealing to you? Then let MWR supply you with AMC & Reagal Theaters tickets!



\$60

Join MWR in the attendance of the all-mighty LA Kings. You will have a killer view from a reserved suite. Transportation will be provided if needed.

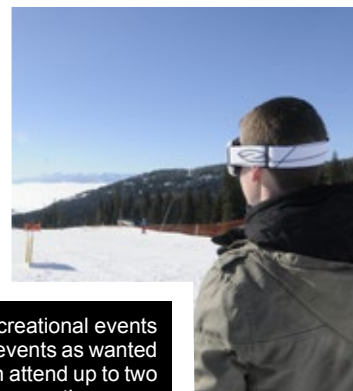


\$50

Check out the Lakers from a reserved suite for the low price MWR always offers. Transportation will be provided if needed.

Snowmobile

A group ventured out to explore the uncharted lands of Washington on their snowmobiles at 40MPH. More events to come once we're in San Diego. Keep your eyes open.



Schweitzer Ski/Snowboard

Sailors capitalized on the cheap tickets MWR had to offer for an unforgettable weekend filled with sick runs, hard falls and good people.

MONEY BACK reimbursement info

Each month Sailors can get financial reimbursements for fitness and recreational events not already held by MWR. **Fitness:** Sailors can attend as many fitness events as wanted and can be reimbursed up to \$100 a month. **Recreational:** Sailors can attend up to two recreational events and will receive 20 percent of each event up to \$50 a month.

SHIPBOARD GYMS

In Port:

Gym hours are staffed by MWR watches from:

0500-0800 and 1600-1900 M-F as well as
0900-1300 Saturday.

Gym are closed 2100-0500 Monday-Saturday and all day Sunday per MWR Instruction. You will be asked to leave the gym if found using the space during closed hours.

Underway:

Gyms will be open nearly 24 hours a day, seven days a week. There will be three MWR gym watch periods Monday-Saturday, none Sundays.

0500-0800
1200-1500
1900-2100



Sniff Rosemary: Improve alertness

According to research, catching a whiff of this aromatic herb may increase alertness and improve memory. To stay sharp, try smelling fresh rosemary or inhaling the scent of rosemary essential oil before a test or meeting.



Pushups: Train the right way

According to the Strength & Conditioning Journal put out by the NSCA, pushups done with feet elevated off the ground by 1' increase the difficulty by 20% where as elevating the hands 1' off the ground decreases the difficulty by 10%. Normal PRT specific pushups require you to move %65 of your body weight. Use this info to gauge how you train the pushup exercise to better improve yourself to doing more pushups and strengthening your upper body.



Healthy Tips: 3 Levels To Help Guide You

GREEN: Green is performance food such as fruits, vegetables and low fat foods (Less than 10% fat). Consume often.

YELLOW: Medium fat products (30% or less fat) such as baked chips or other snacks. Watch how much you consume.

RED: High in fat products. (More than 30% fat) such as fast food or donuts. Carefully limit your intake.



Belly No-Mo Frozen Yo-Go

1 cup plain fat free greek yogurt
2 tbsp plain fat free cream cheese
½ cup unsweet plain almond milk
1 Yoplait lite fruit flavored yogurt
4 tbsp lite cool whip
1 scoop vanilla whey protein
6 extra large strawberries, chopped (optional)
Mix all items well in a large glass bowl, freeze for 3 hours and then serve. Makes 2 servings.

SPRI Band NOFFS Band Kit available for check out through Fitboss and MWR



NUMBER CRUNCHER

Culinary Specialist 3rd Class
Charlene Cruz

from Philadelphia – “I’ve seen at least **300** movies in my life. I’ve spent around **\$200** on going to the movies and have spent **\$0** on DVDs.”



Ship’s Serviceman 3rd Class
Leonel Orozco

from Miami – “My favorite Valentine’s Day gift was a Suzuki G5XR **1000**. I was **21** and it was from my beautiful wife, thanks babe.”



Master-at-Arms 2nd Class
Jose Santiago

from Lakewood, Calif. – “My favorite gaming system would have to be PS**3**. I play for **7** hours a week and I own **3** games. My favorite game is Modern Warfare **3**.”

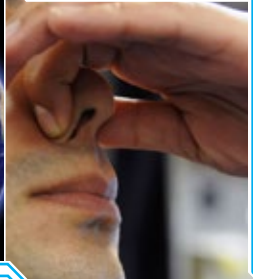


Machinist’s Mate Fireman
Mary Bettuchi

from Boston – “I would say I average about **480** hours a year watching T.V. My favorite shows would have to be Cake Boss and Here Comes Honey Boo Boo.”



Walking Tall: The average human being in a lifetime walks the equivalent of **5x** around the earth’s equator - no wonder we sleep for a **1/4** of our lives.



Try this: It is impossible to hum with your nose plugged. And **80%** of everyone who will read this will try it. This is impossible because when you hum you are required to blow air out of your nose.

Did You Know: A Rubik’s cube has **43,252,003,274,489,856,000** different possible combinations. Pretty crazy. That is more than **43** quadrillion combinations.



Energy: If you yelled for **8** years, **7** months and **6** days you would have produced enough sound energy to heat one cup of coffee.

Burn Fat: The best method for burning fat at a higher percentage is a steady, consistent workout in Zone **2** (**60-69%** max heart rate), the fat burning zone. This zone uniquely targets fat because fat is a slow burning fuel, so if you do a long and less-intense workout, your body will target a higher amount of fat cells than carbohydrates. While you may burn more net calories in higher heart rate zones, you will burn the highest percentage of fat calories in Zone **2**.



Sleep Aid: Close your eyes and get comfortable, then think of the first thing you did that morning. Replay your morning in as much detail as possible. You should be out in **15** minutes or less.



SECNAV VISITS REAGAN, REENLISTS SAILORS

Story by MC3 Terry Godette Photos by MC3 Shawn Stewart

BREMERTON, Wash. (NNS) -- Secretary of the Navy Ray Mabus visited Naval Base Kitsap Bremerton and the USS Ronald Reagan (CVN 76) Feb. 6.

Mabus reenlisted 25 Sailors from all over the region, including 15 Reagan Sailors, at a reenlistment ceremony on base. The ceremony was a chance for Sailors to renew their commitment to the Navy and the country while also giving them a chance to be reenlisted by the Navy’s top leader.

“It was exciting to be reenlisted by the Secretary of the Navy,” said Electronics Technician 2nd Class Joseph Rogers. “It’s not every day you get an opportunity like this and I’m very grateful to have this experience.”

After administering the oath of reenlistment to the Sailors, Mabus held an all-hands call where he talked about the current status of the Navy. He covered a wide range of topics including budget solutions, sexual assault prevention, and the Navy’s future, but he made sure he stressed how proud he was of the Navy and its Sailors.

“I and America can’t be more proud of you,” said Mabus. “You have never slowed and you have never faltered.”

Following the reenlistment ceremony, Mabus headed to Reagan to visit with the crew and to have lunch with some Sailors. The visit ended with a cake-cutting ceremony commemorating the birthday of the ship’s namesake, President Ronald Reagan.

“It was a moving experience to sit down right next to Mr. Mabus and have a normal conversation with him,” said Aviation Boatswain’s Mate (Equipment) 3rd Class Elizabeth Irby. “I was able to ask a couple of questions I’ve had on my mind for a while and I was able to get answer directly from someone who could answer my questions.”

Reagan is currently homeported in Bremerton, Wash., while undergoing a Docked Planned Incremental Availability maintenance period at Puget Sound Naval Shipyard and Intermediate Maintenance Facility.



Ray Mabus cuts the first piece of cake with Captain Burke and CS2 Estrella to celebrate Ronald Reagan’s 102nd birthday.



Ray Mabus takes the stage to reenlist 15 Ronald Reagan Sailors on base in front of an American Flag background.



Ray Mabus sits down and gets to know Reagan Sailors on a personal level, while celebrating the birthday of our ship’s namesake, President Ronald Reagan.



Chief Aviation Electronics Technician (AW) Todd Brown

**with work ups and deployment pending
Sailors will need to go mobile, heres how!**



Amazon's reading app is the best in-part because it's the most widely available-Android, iOS, Windows Phone, Mac, PC, and in the browser too-yet manages beautiful syncing across devices and platforms. You've also got Amazon's massive trove of titles to choose from, including magazines, comics, and newspapers.



File away audio recordings and snapshots along with the usual snatches of text and to-do's. Cloud syncing delivers fast access across devices, and powerful organizational tools will satisfy even the most obsessive note takers.



When professional artists turn to the iPad from traditional drawing, this is their app. This app includes the most elaborate set of drawing tools out there including layer editing, a symmetry mode, and more than 75 digital pens and brushes.



This app offers frame rates from 1 to 30 frames per second, for everything from time lapses to a classic film look. There are also visual cues for exposure and focus locks, and variable frame rate selection. It's the best way we've found for pushing your iPhone video camera to its limits.



Activate this app and movement of your device will set off a loud alarm, even if the screen's locked, deterring anyone from messing with it while you're away. So you don't set it off yourself, you can add a brief delay, giving you a chance to enter your password and disarm it.



With more than 60 tools and filters, Thumbara excels at both quick fixes and methodical fine-tuning. Of course, there's also silly stuff like 3-D swirls and pinch-and-pull warping. The Windows Phone version offers processing options not found on iOS, including noise reduction and aspect-ratio adjustment.



WARRIOR ETHOS

PEACE THROUGH STRENGTH
CVN 76



“I can imagine no more rewarding a career. And any man who may be asked in this century what he did to make his life worthwhile, I think can respond with a good deal of pride and satisfaction: 'I served in the United States Navy.'”

JOHN F. KENNEDY
UNITED STATES PRESIDENT, AUGUST 1, 1963



USS RONALD REAGAN
SAILORS HELPING SAILORS. ONE TEAM. ONE FIGHT.